



Conz Street CHRONICLE

Senior Services van program up and running

By Chronicle staff

Northampton Senior Services is now offering weekday van transportation for city seniors. The city was one of four communities selected to participate in the Pioneer Valley Transit Authority (PVTa) Paratransit Pilot Program for one year. The pilot program provides the city with a van, maintenance, technical assistance, driver training, and financial reimbursement for each ride. Mayor David J. Narkewicz, who also serves as chair of the PVTa advisory board, said at a recent unveiling ceremony that, “I’m excited that this program will be available to Northampton

seniors because transportation is a key element to supporting their independence and access to programs and services.” Northampton Senior Services Director Linda Desmond, who has made this program a priority since being appointed in July 2016, echoed the mayor’s enthusiasm, “We are excited to offer this new van service which will make it easier for seniors to attend the wide variety of programming and special events happening daily at the Senior Center.” The transportation program, also known as “Dial-a-Ride,” serves Northampton residents age 60 and older. Transportation will be offered Monday through

Friday from 8:30 a.m. to 3 p.m. One-way rides in Northampton cost \$1 and pre-purchased PVTa tickets will be accepted. The program offers transportation in Northampton. Expansion to points outside of Northampton is planned for the future. A second van will be added this month, thanks to the fundraising efforts of the “Kick the Tires Campaign.” For transportation to a scheduled medical appointment a one-week notice should be given. For all other trips 24-hour notice is needed. An additional van will allow for out-of-town transportation and special day trips. For more



David Narkewicz, left, Northampton mayor, joins Senior Center staff for the start of the new van service in March. information on the van program or to schedule a ride call Jennifer Carbery, Transportation Coordinator, 584-7979. The volunteer-run medical transportation program will continue for those needing more personal transportation to medical appointments and PVTa service for ADA eligible individuals will still be available.



Gregory Wilson, of Leeds, talks about his 3-D photos to Kris Pollard, of Florence, at the Senior Center Photo Exhibit at the Forbes Library in February.

Forbes showcases senior photographers

The Forbes Library in Northampton hosted several amateur photographers for a month-long display of their individual works in February. The display of more than a hundred pictures offered a variety of subjects, locations and photographic

techniques. Participants were seniors from the Northampton Senior Center photography classes and Photo Club. Many of the photographers have been awarded ribbons and prizes. The display

was supplemented with a digital photo frame that contained more than 300 images. Check out Page 3 for a written glimpse of some of the featured photographers.



Gail Stahlberg VICTORIA HUNT PHOTO

Honoring our volunteers

By VICTORIA HUNT
Senior Center staff

In the first few months of 2017, our hardworking volunteers have already logged upward of 2,346 volunteer hours, valued at over \$55,750 worth of labor. They fill myriad integral roles at the Senior Center, including receptionist, instructor, cashier, driver, editor, and so many more. In honor of National Volunteer Recognition Day on April 20, we hope you will join us in honoring just one of our dozens of dedicated volunteers. Gail Stahlberg, who has been Continued on Page 2

Artist of month: Nancy Nickerson

By CAROL-BEVAN-BOGART
Chronicle volunteer

Although she would never describe herself as such, Nancy Nickerson is a Renaissance woman. Before being able to pursue her passion for painting, Nickerson worked in a variety of fields including nursing, manufacturing and real estate. She also remortared the foundation, brick by brick, on an old house she owned, and is now getting ready for spring yard work, which she knows can be time-consuming and back-breaking, but she explained it this way, “Whenever someone tells me that I can’t do something, I say, Watch Me.” Having loved art and dabbled in painting since she was in grade school, Nickerson looked forward to the day in each week that the traveling art teacher came to her school and created a space where art was celebrated. Currently, as a member of the Easthampton Art Guild, Nickerson meets weekly with other artists to draw, paint

and discuss each others’ creative work in a supportive environment. Nickerson describes her work as a “contemplation of nature that is mesmerizing and relaxing.” She focuses on the design and color of the natural world by painting animals, birds, fish and flowers. Her watercolor paintings capture herons, eagles, pelicans and ducks flying off the canvas or settling in among tall grasses that seem to be stirring in a breeze. Her paintings of poppies, iris, daisies and sunflowers are vivid and bursting with vitality. “I use vibrant color, bringing life to each painting” she said, “nothing dreary or morbid.” Nickerson has an affinity for trees, especially white birch, which figure prominently in several of her paintings, often with deer or a wolf emerging from the woods. In her paintings, one feels the coolness of the rivers, streams and waterfalls rushing over rocks or the calmness of a lone canoe tied up on a lakebed. Local architectural design also



Nancy Nickerson works on a drawing in her studio recently. features prominently in Nickerson’s paintings. She enjoys bringing an artist’s perspective to how the architect “stresses space and form with essential and decorative elements.” One of the buildings to which she brings an artist’s eye is the Emily Williston Memorial Library in Easthampton, which was built Continued on Page 2

Some free websites for seniors to check out

The electronic monster has taken over, so let me share some of my computer meanderings with you.


The website listings below are concise, selective and free to access. There are many websites directed to seniors, but I chose some that are free and that I follow. If you have any to add, please let me know by emailing me at donlevitan@mail.com.

Reminder: If you do not have access to a computer, there are some at the Senior Center you can use.

Note: You no longer need the www. prefix to access websites.

mass.gov: the official website for the Commonwealth of Massachusetts

mass.gov/elders: the Massachusetts department of Elder Affairs offers information about all programs affecting seniors, including SHINE, a program that helps seniors with health and related programs.



Don Levitan's This and That

Editor's note: Don Levitan is a retired professor and lives in Northampton. He will offer his voluntary research and observations occasionally in the Chronicle.

Contact the Senior Center at 587-1228 to make an appointment to meet the local coordinator.

massbenchmarks.org: a good, non-technical site about the status of the Massachusetts economy

usa.gov: the official website for the United States

aoa.gov: Administration on Aging-U.S. Department of Health and Human Services, governmental senior programs

cdc.gov: Center for Disease

Control and Prevention, a wealth of up-to-date information about diseases

ftc.gov: Federal Trade Commission, a good source for consumer protection information

hhs.gov: U.S. Department of Health and Human Services, resources on aging

medicare.gov: the official government website for Medicare

nihseniorhealth.gov: National Institute of Health newsletter about health and wellness for seniors

onguardonlive.gov: a government information site about personal and computer security

socialsecurity.gov: self-explanatory

aarp.org: American Association of Retired People, a source of information

bloomberg.com: daily national and international financial information.

free4seniors.com: a listing of freebies, coupons and discounts for seniors

mayoclinic.com: a resource on

health-related items for seniors

medical-dictionary.thefreedictionary.com: self-explanatory

programsforeldery.com: one of the better blogs on topics of interest to seniors

roadscholar.org: formerly Elderhostel, lists cultural, educational and informational U.S. and international trips

savvysenior.org: a weekly informational newsletter with good, pertinent information

seniorsguidetocomputers.com: self-explanatory

themoneyalert.com: a good resource on the many aspects of money and investing

weather.com: weather information and forecasts

webmd.com: information about health issues

wikipedia.org: very similar to an encyclopedia

northamptonma.gov: official website of the city of Northampton

Note: For the Senior Center, use the following link:
northamptonma.gov/713/Senior-Services

Honoring our volunteers

Continued on from Page 1

volunteering at the center since 2008, has logged nearly 600 hours since the center began electronically tracking hours in 2012.

She tried her hand at the Gift Shop, Coffee Shop and a few other posts, but ultimately landed at our reception desk, which is a perfect fit.

We could not be more thankful for Gail's generosity of time and talent.

Gail is an excellent receptionist when dealing with Senior Center patrons, and also brings a unique sense of positivity and fun into our back office.

When asked why she dedicates so much valuable time and energy, Gail answered, "I do it to help people but I also do it for myself. I like to be busy and I enjoy being around people.

"I like having somewhere to go and getting things accomplished."

If she's not at the Senior Center, you can find Gail volunteering in the Coffee Shop at Cooley Dickinson hospital, biking, doing yard work, walking or reading.

We are a very lucky organization to be blessed with such a talented, dedicated group of people who donate their time and talent.

This month, we would like to extend our deepest gratitude and appreciation to Gail and to all our volunteers.

Artist of month

Continued from 1

in 1880. Her paintings of the library's intricate architectural detail, as well as paintings of Northampton's City Hall and the Lilly Library in Florence, allow the viewer to see and appreciate the decorative facets of the buildings, the elaborate cornices, arches and cornerstones.

Although most of her paintings are concrete images that she brings to life on the canvas, Nickerson has experimented with some techniques that create more abstract, textured paintings and she has tried her hand at using oil and acrylic paints but watercolor is her favorite medium. She also mats and frames her own paintings, photographs them, and catalogues them for her website. She neatly stores them on homemade shelves in her basement study, each one numbered and filed in accordance with her website, where patrons can peruse and purchase her work.

Nickerson's home is her studio, where she paints - not just canvases, but also the walls and the floors.

She used a faux painting technique on the hallway walls which added texture and an antique sheen and created a mural on the basement floor around a pool table that captures the essence of the game. And in her spare time, she makes earrings from glass beads in a variety of shapes and colors. Laughing, she said, "I've made enough earrings to wear a new pair each day for a couple of years."

The Chronicle: Who we are

The Conz Street Chronicle is a monthly publication of Northampton Senior Services.

It is funded by donations, advertisers and the City of Northampton.

The Conz Street Chronicle staff is made up of Senior Center volunteers and also receives assistance from many others. Contributors include staff from Senior Services and from other city departments and organizations.

All work is published at the editor's discretion.

Any opinions, or information about businesses, candidates or services do not constitute an endorsement or recommendation by the Conz Street Chronicle, The City of Northampton, the Northampton Senior Services or any of its employees.

The Conz Street Chronicle assumes no liability for any inaccuracies, omissions or misunderstandings.

The Conz Street Chronicle and Northampton Senior Services and their employees are not responsible for any claim, loss or damage resulting from Conz Street Chronicle use.

The Conz Street Chronicle does not endorse any products or services provided by public or private organizations.

Chronicle volunteer staff includes:

Editor: Lou Groccia;
writers/copy editors: Susan Adelson, Suzanne Wilson, Carol Bevan-Bogart, Connie Burak;
photographer/writer Jim Spencer;
photographer Dennis Lee.

How can I receive the Chronicle?

Distribution of the Conz Street Chronicle alternates monthly between two formats.

Every-other month, the paper is mailed directly to subscribers as a stand-alone, tabloid-style publication. On the 'in-between' months, the Chronicle is printed as an insert in the Daily Hampshire Gazette.

If you wish to receive stand-alone editions of The Conz Street Chronicle by mail, please call 413.587.1313 to be added to the mailing list. If you would like to receive these publications by email, please email vhunt@northamptonma.gov OR call 413.587.1313. The paper cannot be distributed both ways to the same individual; please choose one of the two distribution options.

For Northampton, Florence, and Leeds residents over the age of 60, the Chronicle is mailed free-of-charge. For non-residents or for individuals aged 55-59, there is an \$18 annual fee which must be paid in-person at the Senior Center or by mailed check (mail to: 67 Conz St., Northampton, MA 01060). Paperless email subscription is free-of-charge regardless of location or age.

If you currently receive the Conz Street Chronicle by mail and wish to switch your subscription to a paperless, electronic subscription, please email vhunt@northamptonma.gov or call 413-587-1313.

Senior Services general information

Northampton Senior Services & Senior Center
67 Conz St.,
Northampton, MA 01060

Telephone: (413) 587-1228
www.northamptonma.gov/1769/Senior-Center
Hours: Monday-Friday
8:15 a.m. - 4 p.m.
Wednesday
7 - 8:30 p.m.
NCOA Board of Directors:
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Building Maintenance

Sean Romanski,
Fitness Center Assistant

Robert Watelet
Fitness Center Assistant

William (Bill) Lamere
Handyman

NCOA & Senior Center mission statement

Northampton Senior Services is dedicated to enhancing the quality of life for the city's elders, ages 60 and over, with some programs and activities available to those 55-59 years of age.

Every elder is a valued member of the community and has the right to a life of dignity while maintaining a maximum level of independence.

To meet this goal, Northampton Senior Services identifies needs and provides a range of programs, activities and services to address those needs.

Northampton Senior Services serves as a community focal point around issues of aging and is a liaison to local, state and federal resources for elders and their families.



MAY 2

JUST CAUSE.

POWERED BY COMMUNITY FOUNDATION OF WESTERN MASSACHUSETTS

Northampton Senior Services

...remember us on May 2 as you make your donations!

For more info., call: 413.587.1228
northamptonma.gov/1769/Senior-Center

Join us for our 15th Annual Health & Safety Fair

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Thursday, May 11th • 10AM - 2PM

Join us for this free event focused on the health and safety of local seniors, their families, and the community.

Lunch served in Mary's Bistro
11:30 - 1:30

Northampton Senior Center
67 Conz Street
Northampton, MA 01060

- Demonstrations
- Information
- Displays

For more information, give us a call:
Northampton Senior Services • 413.587.1228 • www.northamptonma.gov

FYI

Submission for this listing of events and information for seniors can be emailed to: svol@northamptonma.gov

Medication Reconciliation Day

Nursing students from Elms College will be at the Senior Center April 20 to help anyone with questions about their medications.

They will also assist anyone who needs help with their Files of Life as well as provide blood pressures to anyone interested.

Healthy Bones & Balance

A low-impact strength training program that helps lower risk of injury, increase mobility, improve energy, prevent falls, and build balance is in the works. If interested, call the front desk at 587-1228.

Fall Prevention sessions on tap

Physical and occupational therapists from the Visiting Nurses Association will lead six “Fall Prevention” sessions at the Senior Center in May and June.

The sessions will cover the risks of falling, strengthening exercises, balance activities, managing your medications, visual concerns and home safety recommendations.

The sessions will be from 11:30 a.m. to 12:30 p.m. – May 5, 12, 19, 26 and June 2 and 9.

Dynamic DVD Fitness

Looking for a free early morning energy boost? Join us for Dynamic DVD Fitness. One of our longest running fitness programs, this class uses a variety of fitness DVDs in place of an instructor. Monday, Wednesday, and Friday mornings at 8:20 a.m.

Loans for improving home safety

Local homeowners may be eligible to improve safety in their homes with a zero interest loan through the Massachusetts Rehab Commission.

There are no age requirements.

The Home Modification Loan Program, offered by the Massachusetts Rehabilitation Commission, offers 0 percent and 3 percent loans (up to \$30,000) to help homeowners make modifications to stay in their home.

Loans can help finance projects such as ramps, stair lifts and wheelchair lifts, kitchen and bathroom adaptations, as well as home security such as hard-wired alarm systems, safety windows, and fences.

For more information , call Susan Gillam at 1-866-500-5599.

Trips and travel

April 27: Boston Fine Arts Museum. \$70, lunch on your own. Sign-up deadline April 1.

May 6: Patriot Place museum. \$76, lunch at Luciano’s included. Sign-up deadline April 6.

May 18: Norman Rockwell Museum with special Hanna-Barbera exhibit. \$57, lunch on your own at Michael’s Restaurant. Sign-up deadline April 11.

May 21-27: Mackinac Island, a quaint island in Northern Michigan. \$595. Passport needed. Wait list only.

Disabled parking placards not transferrable

When a person who holds a disabled parking placard passes away, the placard must be returned to the Registry of Motor Vehicles as soon as possible.

A disabled placard is only authorized for use by the person to whom it is issued.

Penalties for misuse are a \$500 citation and 30-day license suspension.

A person who uses a disabled placard that was issued to somebody else (living or deceased) can face penalties.

When the RMV receives notice that a person has died, the deceased’s placard is canceled and the RMV sends a letter to that person’s estate to request that the placard be returned.

If you received a letter about the cancellation of a placard that was issued to a person who is now deceased, please know:

- There will be no action taken against you, your Massachusetts driver’s license, or your Massachusetts ID card as a result of the letter;
- The placard has been canceled and it is illegal for anybody to use it;
- If the placard has already been discarded, the customer does not need to take any further action; and
- If you have no way of contacting the estate of the deceased person, you can disregard the letter.

• If you have possession of the disabled placard, you should return the placard to the RMV at the following address:

Registry of Motor Vehicles
Medical Affairs
ATTN: Returns
PO BOX 55889
Boston, MA 02205-5889

If you wish to keep the placard photo, please return the other sections of the placard, especially the placard number and expiration date.

Questions? Contact Medical Affairs at 857-368-8020.

Workshop: Grandparents raising grandchildren

The state’s Commission on the Status of Grandparents Raising Grandchildren is holding three-hour workshops statewide for grandparents and kinship caregivers. Special speakers at each event will present topics important to grandparents and kinship caregivers. A panel at each event will include representatives from DCF, DTA, MassHealth and more. Breakfast pastries, coffee and tea will be provided.

The Northampton event will be from 9:30 a.m. to 12:30 p.m., April, 26, at the Senior Center.

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Here’s a glimpse of the Forbes photographers

Editor’s note: The following information was gathered from the Forbes photography exhibit.

Pam Clark

Pamela is new to photography and is passionate about showcasing her love for children and nature. She has an eye for movement, shapes, and patterns, which are highlighted in her work. Pamela’s images ask the viewer to look beyond the recognizable and see them with depth and imagination.

Bill Duffus

I enjoy the creative aspects of photography. I got a fancy new DSLR, learned how to shoot in manual, figured out the basics of natural light, and the rules of composition. As satisfying as it was for me to learn all that and to take a technically good photo, it didn’t fully satisfy me. I still craved something more... creativity. In Jim’s workshops, I learned how to push past the basic rules of photography and explore how to create truly captivating imagery. I feel free to break the basic rules of photography to help me tell the story I wish with my pictures. I love developing an interest in seeing things in a different way to normal.

Joel Emrick

I imagine I started taking pictures because of my grandfather(Robert Emrick has his photos in the Forbes Special Collections), but I didn’t learn anything from him, by the time I really wanted to get serious on picture taking, he had past away. So for 50 plus years I took pictures like the majority of people and shot automatic. Only when I purchased my first digital camera and my daughter signed me up for a camera class, did I start shooting manually. Now I shoot almost entirely in manual. I have used Pentax camera since the 1980’s and have a K-3 now which I like very much.

I run the Northampton Senior Center Camera club along with Jim Spencer.

Marty Espinola

Marty Espinola has been taking pictures for over 50 years starting with his mom’s Kodak 620 folding camera at the age of 13. During his years teaching 5th grade he worked part time as a newspaper photographer and has won several awards for his photographs. Well over 100 have been published in magazines and newspapers. He has had several one person shows of his work here and in Connecticut. His focus these days is on nature photography. “I simply enjoy taking photographs of whatever I find to be beautiful and fascinating in the natural world. I hope my photos express my appreciation as well as my emotional response to what comes my way.”

Elaine Findley

Since moving to Northampton five years ago Elaine Findley has found further inspiration for her photography from both the natural beauty of the area and the vibrant art community here. Elaine has won awards for her photography at The Belchertown Fair and The Big E. She has traveled a great deal both internationally and in the U.S. and has used her travels to capture the essence of various cultures as well as the inherent diversity of each place.

Liz Hamilton

I fell in love with colors at an early age, as well interesting designs I would see in my everyday travels. Every time I turned my head slightly, I would see a new angle; something different, something new. Shadows come out of nowhere. Some are very strong and striking, while others are subtle. Beauty is all around us. We just need to allow ourselves to see it: let our senses rest upon it.

Ellen Koteen

During the process of photographing flowers, animals and landscapes, I experience joy and a sense of peace. Capturing their natural beauty in a photograph allows me to hold on to that joy and to share it with others. I delight in and am inspired by the detail, design and colors contained within nature. Photography has taught me to see light, shadows and nuances with a more vivid appreciation. My earlier work focused on macro photography and the exquisite details of flowers. More recently and since transitioning to the use of a digital camera, my work more often depicts landscapes and animals.

I have been exhibiting my photographs since 2002 in numerous solo and group exhibits, both within the Pioneer Valley and in Prince Edward County, Ontario where I reside for five months each year.

Cynthia Loring MacBain

I joined the photography class because I wanted to learn how to take better pictures of my grandchildren, including speed shots at sporting events. Through giving us different assignments, the class opened new ways of looking at a scene that I wanted to shoot. One of those ways was manipulating lighting. The pictures of “Polly’s Bible” came from an assignment to take pictures by candle light.

The class taught me that a picture should tell a story, and “Polly’s Bible” has a story behind it.

My great grandmother, Elizabeth Polly Snyder, was born in 1858 in Great Barrington, the youngest of four children. At the age of three, Polly was knocked to the hearthstone by the hoopskirt of her older sister. Her backbone was severely damaged. Polly remained lame for the rest of her life.

Polly couldn’t attend school, but was tutored at home. Polly also was an excellent seamstress and worked beautiful quilts. This came in useful when her husband left her with three children to support, while he and a couple of brothers took off to find adventure in California. I like to think of Polly studying her Bible by candlelight all those years. She was a strong woman.

Lynne Shapiro

Lynne learned to appreciate the arts during her school days in Brooklyn, N.Y. A “tomboy” as a child, she has always enjoyed the outdoors and found nature restorative. She began to learn photography as a young adult, taking some pictures of friends and family, but focusing more on the natural world.

The hobby went on the back burner for a time. A few years ago, after retirement from a federal civil service career, she again took up photography, but this time with a digital camera. She is especially drawn towards landscapes which evoke a mood or feeling. Lynne has lived in the Pioneer Valley for over twenty five years.

Jim Spencer

I got interested in photography the day the United States Air Force told me that was going to be my specialty. That was in 1967. For the next twenty-one years, I was involved in the intelligence arena in all aspects of photography—from taking the photo through briefing the highest levels of government. I received an undergraduate degree in photography and intelligence systems management during those years.

Part of my job description involved teaching others how to take photographs. I took more and more classes in photography and attempted to pass that knowledge onto others. About seven years ago, a woman asked me to help her with a new camera that her son had given her for Christmas. I helped her weekly for quite a few months. She told friends and before I knew it I was instructing a class of four. Since then, I have instructed over fifty different seniors how to use their camera.

Mary Vazquez

I am inspired by the surprising and stunning aspects of nature and everyday things that can be seen on any given day. To view it through the camera lens and get that special “wow” shot is very exciting.

Flowers are of special interest to me having been inspired by the astonishing work of Georgia O’Keeffe. Thanks for taking a moment to view my photos.

Donna Verville

Digital photography - It’s my world and you’re welcome to it. I believe that the photographs I present in my exhibition will bring some joy and emotions, but may also cause my viewers to reflect.

Ever since I was a little girl I have always been interested in art in one form or another. I do not consider myself a photographer, I consider myself an artist. My camera is my canvas and the light I use to capture each image is my paintbrush. I get great pleasure out of creating work that push my creative boundaries.

To me anything is possible, all you need is time and patience. Photography is a passion that has taken me to where I am in life now. My work says a lot about me, it may not be the best technically correct, but are we really attracted to perfect things? Look at some of the greatest photographers around. Our eyes are trained to see the imperfections, realistic views of beauty, while taking inspiration from inspiration itself.

Ron Verville

I started with photography in the early 1970s. Initially, it was an occasional affair. Then, after retiring from the State, I purchased my first digital camera in 2012 and became a more serious photographer.

When I was a young boy of about ten, I started to become aware of the dynamics of nature, both biological and physical. Everything from the cosmos to the microscopic world began to intrigue me. I ultimately pursued an academic and professional career that satisfied my fascination with nature. This included receiving a BS degree in Natural Resources Studies and becoming a Park Ranger and then an Environmental Police Officer.

I do not consider myself an artist. Nature takes care of that. I just record and preserve the results with photography.

Gregory Wilson

Gregory Wilson has been taking photographs since 1952 when he found an 828 Kodak Bantam camera. At 78 he continues taking pictures, captivated by the endless possibilities of the digital technologies. He is self taught except for a course at the U. S. Air Force School of Photography. In 1961 he received a B. S. At the University of Delaware and a Masters of Library Science in 1964. He has an active interest in antiques.

Vera Yanez

I retired a few years ago after working as a system analyst for healthcare and auto manufacturing companies. Born in New York City, I lived in the Caribbean for a large part of my life until I relocated to the Valley.

I have loved taking photographs all my life. I used it as a way of recording my life and the lives of those dear to me. My friends tell me I have documented their lives.“

When travel photography called me, I participated in photo treks to Morocco, Vietnam and Cambodia with professional photographers to improve my skills.

Shoshana Zonderman

Shoshana Zonderman grew up in suburban Boston and moved to Northampton in 1974 to attend the Smith College School for Social Work. Her photos have been published in both national and local publications, and most recently chosen for the cover of the Greenfield Community College spring 2017 course catalog. Her travel, nature and landscape photos have won numerous prizes including the Les Campbell Award for Best Photography at the Belchertown Fair in 2016 plus a first and second place prize at the 2016 Big E. She believes that a good photograph grasps on to an otherwise fleeting moment of time and gently invites the viewer to share in feelings of awe and/or celebration of that moment.

FYI
Continued from Page 3
The guest speaker will be Deb Dowd-Foley of Elder Services of Worcester Area, Inc. She will discuss “Taking Care of the Caregiver.” To register, contact Colleen Pritoni at 617-748-2454 or colleen.pritoni@state.ma.us

Authors needed
The Senior Center is looking for published authors to be featured in its Author of the Month event. Authors can contact Victoria Hunt at vhunt@northamptonma.gov

5 College Learning in Retirement
“Great Decisions: U.S. Foreign Policy Lecture Series” is being offered for five Friday mornings March 31 to April 28, from 9:30 a.m. to noon at the Center. Topics include: Latin America’s Political Pendulum; Conflict in the China Sea; Saudi Arabia in Transition; Trade, Jobs and Politics; and The Future of Europe. For more information, contact 5CLIR at: www.5clir.org or 585-3756.

Donations sought
Donations to the Senior Center help support our programs and operations. We are in need of regular and decaf coffee, paper towels, dish and laundry detergent, card stock in any color but especially white, and gently used items for Mary’s mini sale.

FSB customers choose Senior Center
The Northampton Senior Center was again chosen by customers of Florence Savings Bank to receive a share of \$100,000 from their Fifteenth Annual Customers’ Choice Community Grants Program. More than 10,000 votes were cast and more than 50 organizations received awards. The Senior Center staff thanks all those who cast their vote for the Center. A special thank-you to Barbara Fungaroli for her efforts to get as many votes as possible for the Center.

- Tuesdays**
1 p.m.: Walk-In Interfaith Help: Emergency assistance program that provides one-time assistance to residents of Hampshire County who have exhausted their own resources. Evictions, apartment deposits, utility shutoffs, food need, prescriptions, etc.
- Wednesdays**
12: 45 to 2:45 p.m.: SHINE Counselor, by appointment only.
- Thursdays**
9 a.m.: Benefits Counseling, by appointment only.
- Tuesdays and Thursdays**
10 a.m.: Walking group.
- Tuesday, April 4**
10 a.m.: Blood Pressure Clinic
- Wednesday, April 5**
10 -11:30 a.m.: Low Vision. Pre-registration required.
- Thursdays, April 6 - May 11**
1 p.m.: How to Quit Smoking
Pre-registration required.
Understand more about why and when you smoke. Consider the pros and cons of quitting. Learn about new ways to quit. Share your ideas, coping strategies, and inspiration.
- Friday, April 7**
10:30 a.m.: Nutritional Outreach
1:30 p.m.: Photo Club
2 p.m.: Credit Card Skimming Devices Seminar
- Tuesday, April 11**
Dash ‘n’ Dine
Van trip for 12-15 participants to visit Linda Manor. Trip will include tour of the facilities and lunch. Pre-registration required; please call our front desk.

NORTHAMPTON SENIOR CENTER

67 Conz St., Northampton, MA 01060 | 413-587-1228

April 2017 Calendar of Programs and Events

Ongoing Programs

Monday	Tuesday	Wednesday	Thursday	Friday
8:20 Dynamic Fitness DVD	8:45 Strength & Stretch	8:20 Dynamic Fitness DVD	8:45 Strength & Stretch	8:20 Dynamic Fitness DVD
9:30 Low Impact 1	9:30 Cup of Conversation	9:30 Low Impact 1	10:00 Stretch & Tone	9:30 Low Impact 1
10:00 Creative Writing 1	10:00 Walking Group	10:00 Digital Photo Class	10:00 Wisdom Project	10:30 Low Impact 2
10:30 Low Impact 2	10:00 Caregiver Support Group*	10:30 Low Impact 2	10:00 Knitting Drop-In	10:30 Aging with Grace April 14 & 28 ONLY
1:00 Needle Workshop	10:00 Stretch & Tone	11:30 Beginner Tap	10:00 Walking Group	12:00 Duplicate Bridge
1:30 Creative Writing 2	12:00 Duplicate Bridge	12:30 Cribbage	11:30 Mixed Level Tap	12:30 Visit from Dewey the Therapy Dog
1:30 Learn to Meditate	12:30 Sewing Workshop*	1:00 Scrabble	12:00 Contract Bridge	1:00 Aging with Flexibility* April 21 & 28 ONLY
2:00 Coloring for Adults	1:00 Pitch	1:00 Timeless Tunes (Sing-a-Long with Group Sing on April 5)	12:30 Advanced Beginner Tap	1:00 Gentle Chair Yoga
2:45 Free Tai Chi	1:00 Shakespeare Session II	1:00 Zumba Gold	1:00 Mahjong	1:00 Senior Gay Men’s Drop-In Group
	2:45 Tuesday Tea	2:45 Feldenkrais	1:30 Intermediate Tap	1:30 Photo Club
	7:00 Evening Yoga	2:45 Free Tai Chi	1:30 BINGO	2:45 Yoga
			2:45 Tai Chi	2:45 Free Tai Chi

** Please register before the first class. Programs requiring pre-registration are marked with an asterisk symbol. Please note that programs requiring pre-registration may be canceled if minimum numbers are not met.*

Upcoming events and activities



Peter Sarsgaard and Natalie Portman are shown from a scene in “Jackie.”

April’s movie: ‘Jackie’

Jacqueline Kennedy was just 31 when her husband was elected president of the United States. On Nov. 22, 1963, while on a campaign trip to Dallas, John F. Kennedy was assassinated. The film portrays her reaction to her husband’s death and her determination to help shape her husband’s legacy.

Rated R. 1:30 p.m., April 21; 100 minutes

Thursday, April 13
10 a.m.: Brown Bag
1 p.m.: Readers & Thinkers
1:30 p.m.: NCOA Board Meeting

Friday, April 14 and 28
10:30 a.m.: Challenges of Aging with Grace

Join us for this bi-weekly support group focusing on aspects of aging like health, finances, identity, interests, wisdom, and more.
1:30 p.m.: Chess

Tuesday, April 18
1 p.m.: Shakespeare; Session II
If you haven’t read “King Lear” since high school, this is your chance to read and discuss Shakespeare’s great tragedy. Join us at the Senior Center on consecutive Tuesdays from 1-2:30 p.m., on April 18 through May 23.
4 p.m.: Disability Commission meeting

Wednesday, April 19
Foot Clinic, by appointment only.
7 p.m. : Mystery Book Club meeting

Friday, April 21
10:30 a.m.: Nutritional Outreach

Fridays, April 21 - May 26
1 p.m.: Aging with Flexibility
Join this group to learn ways to deal with the changes that come with aging. These include physical and emotional challenges, parenting, grandparenting and handling loss with compassion and wisdom. First session is free, subsequent sessions are \$10 per person.

Thursday, May 11
10 a.m. - 2 p.m.
Health & Safety Fair
Join us for a fun and informative day of presentations, booths, displays and more. All focused on the health, safety and overall well-being of seniors, caregivers and the community as a whole. Lunch available.

Please note: PVTa Photo IDs are no longer available at the Senior Center. Please call PVTa Customer Service for more information on photo IDs. 413-781-7882.